



Stroke Education Series

WHAT IS A STROKE?



A STROKE IS A BRAIN ATTACK

When it strikes, the flow of blood to the brain is blocked



Stroke is a leading cause of adult disability



5th leading cause of death in the U.S.

GET EDUCATED

PART 1: STROKE PREVENTION

Tuesday, August 6
10 a.m. to 12 p.m.

—OR—

Tuesday, October 8
10 a.m. to 12 p.m.

PART 2: LIFE AFTER A STROKE

Tuesday, August 13
10 a.m. to 12 p.m.

—OR—

Tuesday, October 15
10 a.m. to 12 p.m.

All classes are held in the Conrad E. Anderson, MD, Auditorium, room A Washington West, 2500 Mowry Ave., Fremont

DID YOU KNOW?



EVERY 40 SECONDS

Someone has a stroke every 40 seconds in the U.S.



3 HOURS TO ER

People who get to the ER within 3 hours of first symptoms have less disability post-stroke.



35% UNDER 65

35% of people hospitalized for stroke are under 65.



1 IN 4 ARE REPEATS

Nearly 1 in 4 stroke patients have had a previous stroke.

RECOGNIZE SYMPTOMS: BE FAST



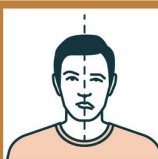
BALANCE

Loss of balance, headache or dizziness



EYES

Blurred vision



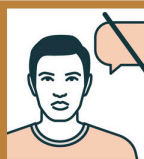
FACE

One side of the face is drooping



ARMS

Arm or leg weakness



SPEECH

Speech difficulty



TIME

Time to call for ambulance immediately

To register, visit www.whhs.com/events or call (800) 963-7070.



For more details about Washington's Community Stroke Education Series, visit whhs.com/stroke or call (510) 818-5080. Seminars are free and open to the public.